

What is the relationship between sodium intake and blood pressure in adults aged 19 and older? (DGAC 2010)

Conclusion


A strong body of evidence has documented that in adults, as sodium intake decreases, so does blood pressure.

Grade: Strong

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [Adults and Sodium: What is the relationship between sodium and blood pressure in adults aged 19 years and older?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[What is the relationship between sodium intake and blood pressure in adult ages 19 and older?](#)